Learning Sustainable Well-Being (Psych 88):
A Ten Lecture Course on How to be a Human
by
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Week 1: Introduction to Practicing Mindfulness and Well-Being

YOUR RELATIONSHIP WITH YOURSELF

Week 2: Who Are You?: How do you Talk/Think about Yourself?

Week 3: Accepting All of You: the Good, the Bad and the Ugly

Week 4: Manifesting What you Want: Tackling Worry, Doubt and Fear

Week 5: Emotional Resilience: Practicing Non-Identification

YOUR RELATIONSHIP WITH OTHERS

Week 6: Who Are They (i.e., Other People)? (Part 1)

Week 7: Who Are They (i.e., Other People)? (Part 2)

Week 8: Working it Out with Other People (Part 1)

Week 9: Working it Out with Other People (Part 2)

Week 10: Summary, Tips for Practicing Clarity and Meditation